

HACK JOBS: PRESSURE RISES ON MURDOCH'S EMPIRE 7

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Tuesday



DEAL OR NO DEAL?

Obama rules out a stopgap to ease the country's debt crisis **3**

WORTH EVERY PENNY

FreeFest unveils the bill for this year's annual concert **33**

RELIEVER

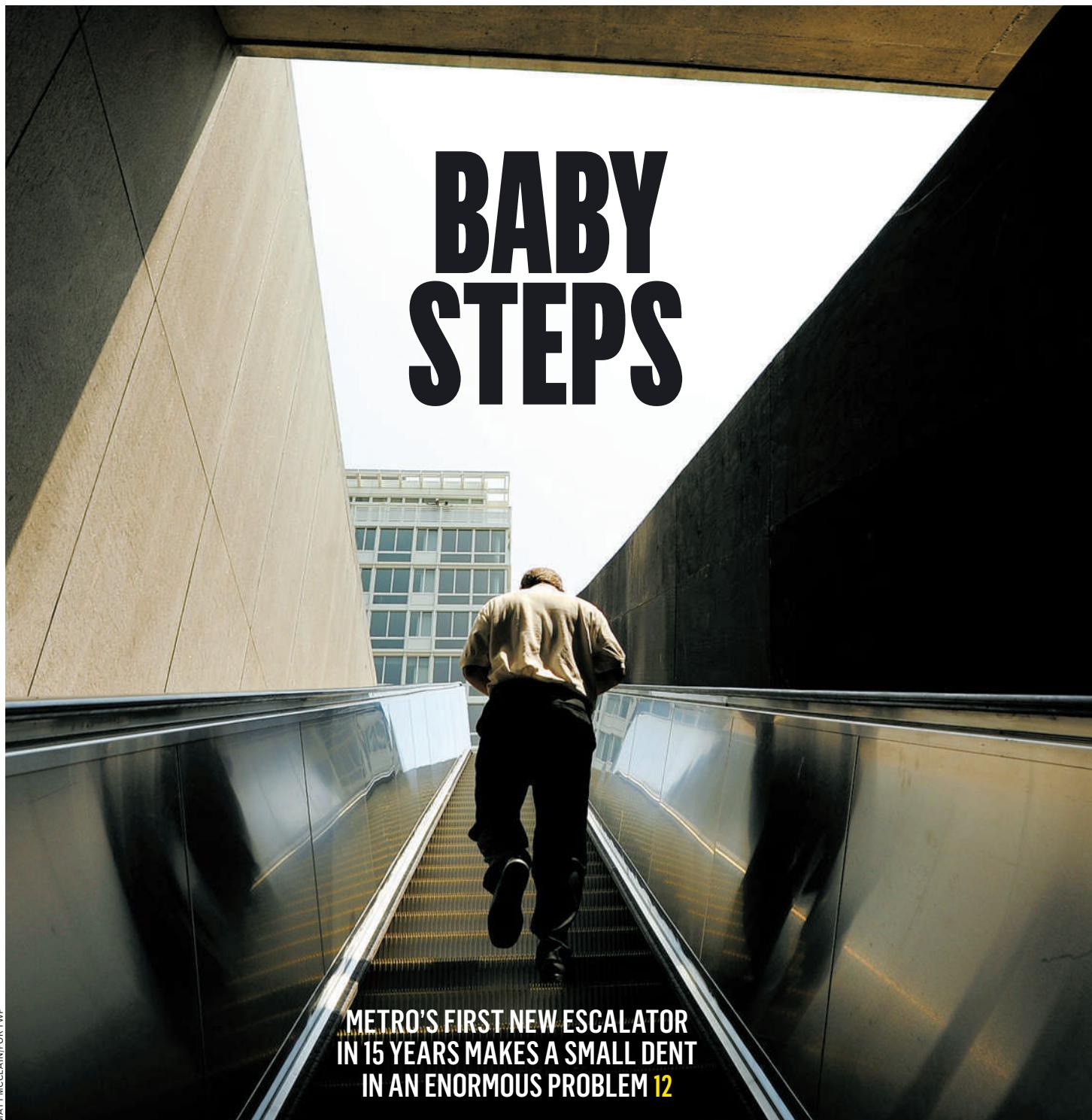
Tyler Clippard feeds off his unusual style to become an All-Star **13**



FOR EXTENDED FORECAST, SEE PAGE 37

JULY 12, 2011 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

BABY STEPS



MATT MCCLAIN/FOR THE WASH. POST



eye openers

WHEN ANIMALS ATTACK

Forest Burned, Mother Dead, Bambi Would Have Revenge

A man in Mendon, Mass., is recovering from a broken nose and stitches on his face after a deer crashed through his car and head-butted him. Jesse Mazzola says he was driving along a country road when a deer came running through his open driver's side window. Mazzola said he was "eye to eye with a deer" when the deer head-butted him. (AP)

"I'm going to be one of those who prepare. I do it because she has to stay competitive."

—CHAVON PEELE, QUOTED IN THE NEW YORK POST. PEELE HIRED A COACHING SERVICE TO HELP HER 4-YEAR-OLD DAUGHTER, TAYLOR, ACE NEW YORK CITY'S GIFTED AND TALENTED TEST AND GET INTO THE RIGHT KINDERGARTEN.

DON'T DO THIS

This Is Why We, as a Society, Can't Ever Have Nice Things

Anchorage, Alaska, police say a city van used to pick up drunken people was taken on a joyride by a man suspected of drunken driving. The Anchorage Daily News reports that Donny H. Weston was arrested Thursday after he got into a Community Service Patrol van parked with the keys in the ignition. Weston drove the van for a significant distance, including against traffic, and he eventually crashed the van into a bus and ditched it. (AP)

The Big Picture

ANA VENEGAS/AP



SAY, 'AHHH': Tinka awaits a puppy treat created by his owner, Jackie Avina, of Los Angeles, as Orange County pet charity groups came together for the Scott Sellman charity event in Lake Forest, Calif., on Saturday. The event was in memory of the avid animal lover, who died suddenly on June 16. (AP)

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Obama: No Compromise, No Deal

President would reject stopgap extension as debt, deficit solution

Washington

Imploring both political parties to give ground, President Obama declared Monday he would reject any stopgap extension of the nation's borrowing limit, adding fresh urgency for Republicans and fellow Democrats to resolve intense tax and spending disputes and head off economic calamity.

"If not now, when?" Obama said in a news conference just ahead of his latest bargaining session with congressional leaders at the White House. That meeting lasted about 90 minutes and ended with no sign of progress. Lawmakers planned to return to the White House for more talks Tuesday afternoon.

Obama told reporters the sessions would be an everyday affair until there was agreement, and he refused to even entertain the idea of a backup plan should they fail and the government should default on Aug. 2. "We are going to get this



CHARLES DHARAPAK/AP

President Obama renews his case Monday for a package that would blend Republican-opposed tax hikes for the wealthy and social service cuts that Democrats decry.

"Do you need to raise taxes in order to get control of spending? I think the answer is no."

— HOUSE SPEAKER JOHN BOEHNER, STANDING FIRM IN HIS OPPOSITION TO INCLUDING TAX INCREASES AND SPEAKING SHORTLY BEFORE HEADING TO THE WHITE HOUSE ON MONDAY TO MEET WITH PRESIDENT OBAMA FOR DEBT TALKS.

done," Obama insisted. They have two weeks or less to do so in order to get any deal through Congress in time.

Yet the path to an accord remained hard to see. Even as Obama spoke, Republicans renewed their opposition to the tax increases he sees as crucial along with spending cuts for reducing huge federal deficits and restraining the soaring national debt. Said House Majori-

'Eat Our Peas'

President Obama may not have won a political consensus on how to trim the budget, but he's getting quick agreement from the nation's pea growers. Speaking at a White House news conference about the need for a deal to raise the borrowing limit, Obama said that it's time to "pull off the Band-Aid" and "eat our peas." The USA Dry Pea & Lentil Council chose to take the president's comments as an endorsement of their product. The group's director of marketing, Pete Klaiber, said eating peas "will contribute to a balanced diet, if not a balanced budget." (AP)

ty Leader Eric Cantor: "We are not going to raise taxes. That's all."

A potential deal — a package that could total \$2 trillion or more in deficit cuts over a decade — is considered necessary for Congress to lift the nation's \$14.3 trillion debt limit. Failure to lift that cap could cause the government to default on its bills and sink the economy and the world into deeper trouble.

ANDREW TAYLOR AND BEN FELLER (AP)



Burn Notice: Trying to find a way to take the sting out of a sunburn, researchers from Kings College London tracked how their volunteers' sunburned skin became more sensitive. At the peak of pain, they found a protein inside the skin that's responsible for triggering the cascade of pain and redness. The protein summons inflammation-causing immune cells to the damaged spot as sunburned skin cells die off. Until a cure is discovered, try ibuprofen. (AP)



Summer Allergies?

Summer is here.

The lazy, sneezy, watery-eye days of summer are here. Tree pollen replaced with mold spores, grass pollen replaced with weed pollen. Fatigue, difficulty breathing, skin conditions or the inability to concentrate may be caused by allergies.

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In Brief

SALT LAKE CITY

No Appeal Will Be Filed In Smart Kidnapping Case

A former street preacher sentenced to life in prison for the 2002 kidnapping and rape of Elizabeth Smart will not appeal his conviction, concluding a case that riveted the nation and focused attention on child abduction. Lawyers for Brian David Mitchell, 57, could not elaborate on his decision, Robert Steele, Mitchell's federal public defender, said Monday, the deadline for filing an appeal. (AP)

BROWNWOOD, TEXAS

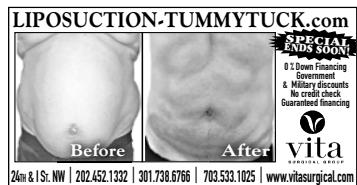
Hundreds Mourn Rangers Fan Who Fell to His Death

Hundreds of people joined a funeral procession Monday for 39-year-old Shannon Stone, who was fatally injured Thursday after falling while trying to catch a baseball at a Texas Rangers game. Stone's widow, Jenny, and their 6-year-old son, Cooper, walked behind a fire truck carrying his casket in central Texas. (AP)

NORTH BERWICK, MAINE

Fiery Amtrak Crash Kills 1, Wounds Several Others

An Amtrak train smashed into a tractor-trailer Monday in a fiery collision that killed the truck driver, injured several others and sent flames more than three stories high. None of the train's 112 passengers or two crew members suffered life-threatening injuries. (AP)



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Nation

N.Y.'s Next Baby Boom?

Gay marriage law could lead to uptick in adoption numbers

New York

First comes love, then comes marriage. Now adoption lawyers and agencies in New York say they're getting ready for a baby boom as same-sex couples emboldened by the state's new gay marriage law take the next step and try to adopt children.

New York will allow same-sex marriages beginning July 24, becoming the most populous state to legalize such weddings. Thousands of couples are expected to tie the knot.

The state already permits unmarried couples, both gay and straight, to adopt children. But a wedding ring is an important milestone in a relationship — and can also bolster a couple's case as

The Numbers Game

Experts won't know for sure

whether adoptions have increased in the five states that have legalized gay marriage and D.C. until the 2010 Census results are released this year, said Gary Gates, a demographer at the Williams Institute, a think tank in Los Angeles. But nationwide, about 19,000 gay couples had adopted children as of 2009, he said. That's up from 10,700 couples as of 2000 — the same year Vermont began offering civil unions and four years before Massachusetts became the first state to legalize same-sex marriage. (AP)

they try to impress social workers, adoption agencies and birth mothers during the often competitive adoption process, couples and adoption experts say.

"It's sort of the next natural progression," said Jonathan Truong of Brooklyn, who decided to adopt a

boy after marrying his longtime partner, Ed Cowen, in Canada. "You have that feeling of wanting to be in a family."

The prospect has alarmed conservative religious groups that consider same-sex relationships and parenting immoral.

"Sanctioning such unions as 'marriages' only makes the violation worse; and adding children to the mix, worse still," said Avi Shafran, a spokesman for the Agudath Israel of America, an Orthodox Jewish group.

The new marriage statute will make the second-parent adoption unnecessary under New York law. But most adoption lawyers are recommending that parents do it anyway to protect themselves if they travel or move to a state that doesn't recognize gay marriage.

"The state where you're vacationing may not see things the same way," said Nina Rumbold, an adoption lawyer. (AP)

16

A Texas newborn's weight, in pounds, at birth. Doctors initially estimated JaMichael Johnson, born to Janet Johnson on Friday, would weigh 12 pounds. Guinness World Records says the heaviest newborn to be recorded weighed 28 pounds, 12 ounces. (AP)

Have you served your country in Iraq or Afghanistan?

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- Is it **hard to trust** or love other people?
- Have you **lost interest** in activities you once enjoyed?

Current or former service members between the ages of 21 and 50 who have the above problems may qualify for a four to five week inpatient research study looking at the effects of a new medication for individuals with Post-Traumatic Stress Disorder and alcohol problems. There is a chance of receiving placebo (an inactive sugar pill). There is no cost for taking part and people will be compensated for their participation. During the inpatient stay, participants will receive medical detoxification if necessary, and will also receive alcoholism treatment including group, individual, and family therapy. For further information about this study being conducted at the NIH Clinical Center in Bethesda, MD, call 301-496-1993. TTY: 866-411-1010 www.clinicaltrials.gov

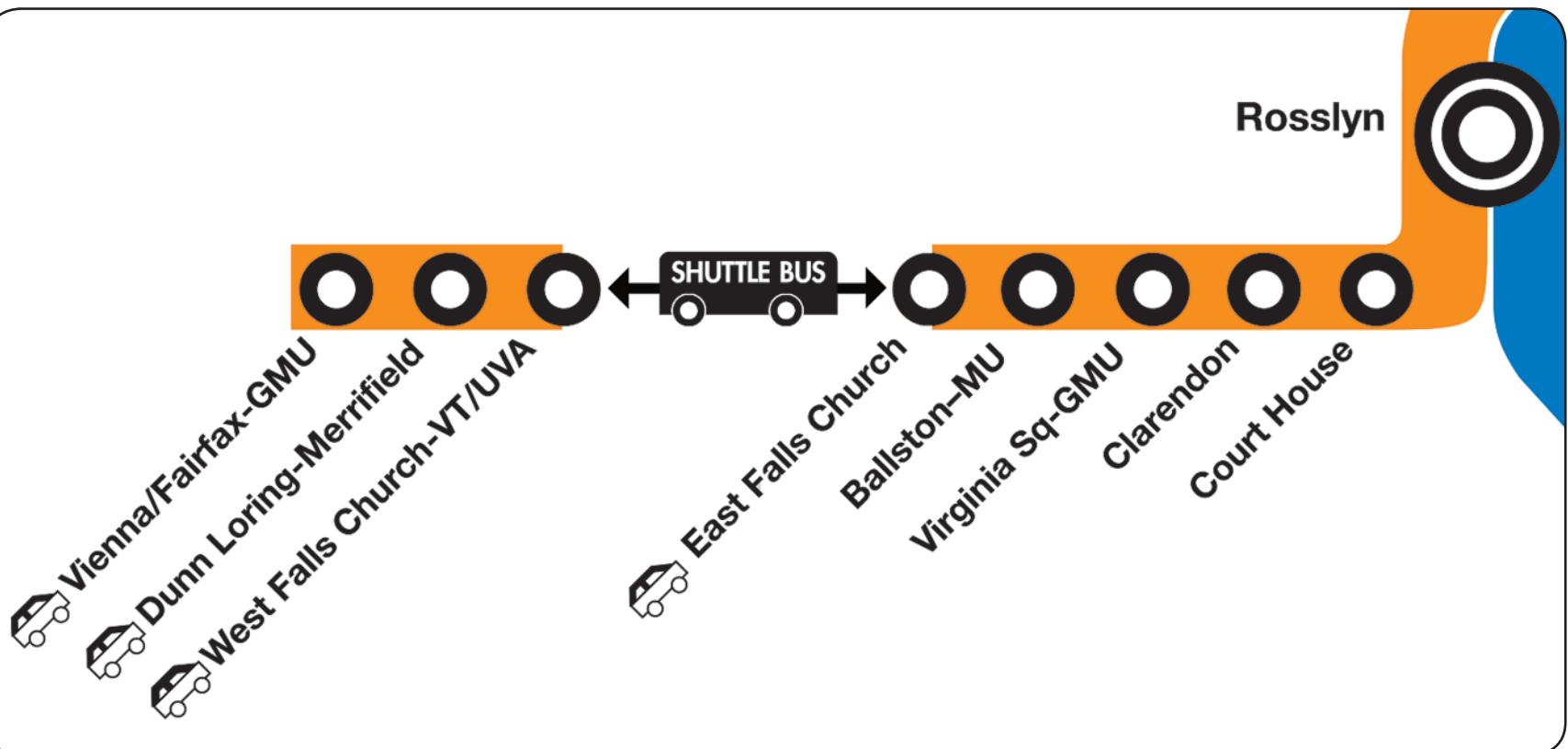
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The Orange Line between West Falls Church-VT/UVA and East Falls Church stations will be closed the weekends of July 15-17 and 22-24.



- This section will close Friday at 10 p.m. and reopen Monday at 5 a.m.
- Free shuttle bus service will be provided between West Falls Church-VT/UVA and East Falls Church stations. The stations will remain open.
- If you take the shuttle bus, please add 30 minutes to your travel time.
- Consider parking at East Falls Church station and riding Metro from there. Parking is free on weekends.
- The track between these two stations must be closed so that crews can continue construction work to connect the Orange Line to the future Dulles Corridor Metrorail Project. For more information about this important work, please visit MetroOpensDoors.com.



Nation

New Indications Perry May Run

Exeter, N.H.

Texas Gov. Rick Perry is calling influential Republicans in early voting New Hampshire and Iowa, the latest indication that he's seriously considering a presidential run.

New Hampshire Senate President Peter Bragdon said Perry is doing his homework and called him over the weekend to gauge his support and seek his thoughts on what might happen if he entered the race and "shook things up a little bit."

Perry also was making calls to GOP leaders in Iowa, which holds the first contest in the fight for the Republican nomination. (AP)

Atlantis Brings Supplies To Space Station

Cape Canaveral, Fla.

The International Space Station got a year's worth of groceries in a giant shopping cart on Monday, courtesy of the astronauts on NASA's final shuttle flight.

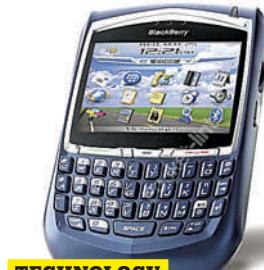
Astronauts Sandra Magnus and Douglas Hurley used the space station's hulking robot arm to hoist the bus-size container out of Atlantis' payload bay and attach it to the orbiting outpost. The canister is filled with nearly 5 tons of household goods, enough to keep the 245-mile-high station going for another year. (AP)

Summer Heat Hits Hard Across the U.S.



SETH PERLMAN/AP

MIKE COX USES A LARGE FAN to cool his Standardbred trotting filly Monday at the Illinois State Fairgrounds in Springfield, Ill. The National Weather Service said heat advisories are in place across the Midwest and South, with Dallas and Oklahoma reaching 100-degree heat for 10 or more days in a row.



TECHNOLOGY

Ditch the Computer

A quarter of smartphone users rely mainly on their phones for Internet access, according to a new study from the Pew Internet and American Life Project that also found that more than one-third of all American adults have taken the smartphone plunge. It also found that 39 percent said their phones operate a smartphone platform such as iOS, Android, BlackBerry, Windows Phone or Palm. (AP)



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In Brief

BAGHDAD

Panetta Pushes Iraq On U.S. Troop Extension

A blunt U.S. Defense Secretary Leon Panetta expressed exasperation Monday with Iraqi indecision on whether it wants U.S. troops to stay next year. He also threatened stronger U.S. action to stop Iranian-supplied weapons from killing Americans troops as they prepare to depart by Dec. 31. (AP)

MARI, CYPRUS

Gunpowder Blast Kills 12 at Cypriot Naval Base

Dozens of containers of gunpowder seized years ago from an Iranian cargo ship exploded on Cyprus' main naval base Monday in a massive blast that killed 12 people, wounded 62 and wrecked a major power station, causing extensive blackouts. The head of the nation's navy, Commodore Andreas Ioannides, was killed and its defense minister and military chief resigned. (AP)



HEALTH

Baby Fat, Be Gone

Preschoolers, even babies who can't walk yet, need daily exercise, Britain said Monday in its first-ever exercise guidelines for its youngest citizens. The advice from the British government also said kids younger than 5 who can walk should be physically active at least three hours a day. Pudgy toddlers are a concern in the U.S., where the Institute of Medicine last month issued diet and activity recommendations for youngsters. (AP)

Scandal Deepens for Murdoch

Claims of violations of privacy spread to more U.K. papers

London

Rupert Murdoch's media empire was besieged Monday by accusations that two more of his British newspapers engaged in privacy violations that included accessing former prime minister Gordon Brown's bank account information and stealing the medical records of his seriously ill son.

If proven true, the charges by rival newspapers seem certain to dramatically increase the pressure on Murdoch's News Corp. from a scandal that seems to grow wider and deeper by the hour.

The public outrage began a week ago over wrongdoing at the Murdoch-owned best-selling tabloid News of the World. It has since disrupted the media titan's plans to take over satellite broadcaster British Sky Broadcasting and slashed billions off the value of his global conglomerate, News Corp.

In Britain, the scandal, spreading beyond the now-defunct News of the World to the Sun and the Sunday Times, has cast a harsh

On the List?

In the past week, widespread allegations exploded that U.K. papers in News Corp.'s empire hacked into phones and stole information.



HUGH GRANT: The actor has long said he believes his phone was hacked by the News of the World, a News International tabloid. Grant said last week that police have asked him to testify at an inquiry into the phone hacking allegations.



MICHAEL MANSFIELD: The lawyer who represented the family of Princess Diana's lover Dodi Fayed at the inquest into her death said Thursday that Scotland Yard informed him that he was on a list of possible News of the World targets.



GORDON BROWN: The former British prime minister said his personal information, including his bank account information, was targeted by people working for News International papers, British media reported Monday. (AP)

light on the unparalleled political influence of Murdoch's collection of newspaper titles, and is taking an increasing toll on Prime Minister David Cameron, whose former communications chief, Andy Coulson, was arrested last week in connection with allegations of payments to police when he was editor of News of the World.

With political pressure rising, a final decision on the multi-billion dollar BSkyB takeover was delayed after Murdoch withdrew

a promise to spin off news channel Sky News, inviting the British government to refer the bid to authorities charged with enforcing anti-monopoly laws. That is expected to delay any approval for months.

Analysts said Murdoch's move amounts to a favor for Cameron, sparing the prime minister the possibility of an embarrassing defeat in the House of Commons on Wednesday on a motion from the opposition Labour Party opposing the

Meanwhile ...**Lawsuit Pending**

A group of News Corp. shareholders have sued the media conglomerate over a phone-hacking scandal at its now-closed News of the World tabloid in London. The suit, filed Friday, accuses News Corp. of large-scale governance failures surrounding the U.K. hacking case. Experts said it is possible that Rupert Murdoch's U.S. companies may face legal action as well. (AP)

takeover bid's approval.

The takeover will also be spared scrutiny during a period of once-unimaginable public criticism of Murdoch's British operation, News International, fueled by a relentless stream of new allegations of wrongdoing at its properties.

London's Evening Standard newspaper reported that corrupt royal protection officers threatened national security by selling personal details about Queen Elizabeth II, including phone numbers and tips about her movements and staff, to journalists working for News of the World, raising questions over a breach in national security. (AP)

Russia: Overcrowding Contributed to Boat Sinking

Kazan, Russia

An aging cruise ship was severely overcrowded, had a malfunctioning engine and listed to one side before it sank in heavy wind and rain on a river east of Moscow, killing as many as 129 people, Russian officials said Monday.

River cruise boats are highly popular among Russian holiday-makers and the Bulgaria was carrying 208 people, including a large group of children, when it set off in stormy weather Sunday, officials said. It was only licensed to carry 120.

The ship sank within about



Relatives wait Monday in Kazan, Russia, for updates on boat passengers.

eight minutes, officials told state news agency RIA Novosti. Seventy-nine people were rescued and 58 bodies were recovered.

One survivor told the national news channel Vesti 24 that other ships refused to come to their aid. "Two ships did not stop, although we waved our hands," said the man in his 40s.

Transport Minister Igor Levitin was quoted by Russian news agencies as saying the captains of ships that passed by and appeared to ignore distress calls would be prosecuted "in the harshest terms."

President Dmitry Medvedev on Monday demanded a thorough investigation and declared Tuesday a day of mourning. He also called for a full technical assessment of all Russia's passenger vessels. (AP)

Hearsay

"I find myself before my highest mountain and my longest walk. That's how Zarathustra spoke!"



— HUGO CHAVEZ, PRESIDENT OF VENEZUELA, IN A MESSAGE POSTED ON TWITTER MONDAY, QUOTING FROM GERMAN PHILOSOPHER FRIEDRICH NIETZSCHE'S

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World

China Reaches for the Moon

While the U.S. seeks a direction in space, Beijing boosts plans

Beijing

This year, a rocket will carry a boxcar-sized module into orbit, the first building block for a Chinese space station. Around 2013, China plans to launch a lunar probe that will set a rover loose on the moon. It wants to put a man on the moon, sometime after 2020.

While the U.S. is working out its next move after the space shuttle program, China is forging ahead. Some experts worry the U.S. could slip behind China in human spaceflight — the realm of space science with the most prestige.

"A decline in space leadership will be seen as symbolic of a relative decline in U.S. power and influence," said Scott Pace, an associate NASA administrator in the George W. Bush administration. He was a supporter of Bush's plan — shelved by President Obama — to return Americans to the moon.

China is still far behind the U.S. in space technology and experience," said Scott Pace, an associate NASA administrator in the George W. Bush administration. He was a supporter of Bush's plan — shelved by President Obama — to return Americans to the moon.

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Meanwhile ...

China is not the only country

aiming high in space. Russia has talked about building a base on the moon and a possible mission to Mars but hasn't set a time frame. India has achieved an unmanned orbit of the moon and plans its first manned space flight in 2016. The U.S. has no plans to return to the moon. President Obama prefers sending astronauts to land on an asteroid by 2025 and ultimately to Mars, but those plans are far from set. (AP)

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ence, but what it doesn't lack is a plan or financial resources. "They are taking a step-by-step approach ... putting all the pieces together for a very capable, advanced space industry," said Peter Bond, consultant editor for Jane's Space Systems and Industry.

China's space station is slated to open around 2020, the year the International Space Station is scheduled to close. If the U.S. and its partners don't come up with a replacement, China could have the only permanent human presence in the sky.

Some elements of China's program, notably the firing of a ground-based missile into one of its dead satellites four years ago, have alarmed U.S. officials and others who say such moves could set off a race to militarize space. Beijing insists its program is purely for peaceful ends. LOUISE WATT (AP)



Change for S. Sudan: South Sudan on Monday announced it will use a new currency that features the image of the deceased founder of the nation's liberation struggle, Dr. John Garang. The currency will be called the South Sudan pound and will replace the Sudan pound, officials said. It is scheduled to go into circulation Monday. South Sudan, which declared independence from Sudan on Saturday, also formed a caretaker government Monday. (AP)

Women: Is Your Drinking Causing Problems? Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.

There is a chance of receiving placebo (an inactive sugar pill).

There is no cost to participate and participants will be compensated.

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CONSERVATION

Flocking Together

A member of Qatar's royal family, Sheik Saoud bin Mohammed bin Ali al-Thani, is working to rescue the rare Spix's macaw from the edge of extinction and send it soaring back into the jungle. Just 76 of the blue birds—endemic to northern Brazil but unseen there in 11 years—are known to exist, all in captivity. But a breeding operation is under way at Saoud's desert preserve near Doha, Qatar, which is home to an array of rare animals. (THE WASHINGTON POST)



Rail Repair Continues in India



RAJESH KUMAR SINGH/AP

A WORKER MENDS train tracks near Fatehpur, India, on Monday amid cleanup efforts a day after a passenger train derailed there. At least 68 people were killed in Sunday's crash, which also wounded more than 230 others.

U.S. Embassy in Syria Attacked

Beirut

Hundreds of Syrian government supporters attacked the U.S. Embassy in Damascus on Monday, smashing windows and spray-painting walls with graffiti that called the American ambassador a dog. French Embassy guards fired in the air to ward off a group of protesters.

The escalation in tensions followed a visit last week by the U.S. and French ambassadors to Hama, a stronghold of opposition to President Bashar Assad. Syrian officials were angered by the visit and U.S. Ambassador Robert Ford's criticism of the crackdown on protesters.

Ford's residence was also

Backstory

Syrian-U.S. relations have been mired in mutual distrust for years. But Monday's attacks were the worst such violence since 2000, when a mob attacked and vandalized the U.S. Embassy and ambassador's residence over American and British airstrikes against Iraq. (AP)

attacked Monday, and the U.S. formally protested, calling the attacks "outrageous."

Monday's protests coincided with government-organized talks in Damascus on political reforms. But the talks were boycotted by the main opposition factions. (AP)

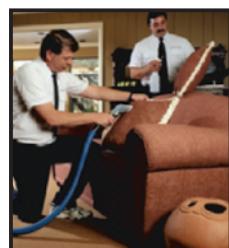
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Phoenix Offers Light Rail Lessons

City with 3-year-old system has advice for Purple Line hopefuls

Transportation

Residents and light rail train passengers in Phoenix have a message for the Maryland suburbs: If a Purple Line is ever built, expect the trains to be popular, but first brace for years of construction that can be brutal for motorists and potentially crippling for businesses along the route.

Washington-area drivers also would have to learn to share the streets with Purple Line trains —

the nearly three-year-old Phoenix-area system averaged one collision a week during its first year — and a new “ding, ding” sound would fill the air.

Consultants who worked on the Phoenix system are helping to design a Purple Line, said Henry Kay, who oversees projects for the Maryland Transit Administration.

Maryland officials who hope a Purple Line would rejuvenate older communities along the 16-mile route, such as Langley Park and Riverdale, would see new development around stations, but that transformation takes time, Arizona officials say.

“For 20 years, we were in decline, and then light rail came, and it cleaned up the street.”

— NATHAN JOHNSON, A FLOWER SHOP CO-OWNER IN TEMPE, ARIZ.

Unlike Metrorail trains that run in their own rights-of-way, light rail trains operating on local streets must be synced with traffic lights. After 52 collisions the first year, the second year saw 25, and this year is on pace to match that, according to Valley Metro figures.

Residents say their biggest challenge was living through construction. Because light rail is designed to serve the densest residential and commercial areas, the streets where tracks are laid are some of the busiest and most difficult to avoid.

Nathan Johnson, who co-owns a flower shop near a Tempe station, said about 10 businesses near him closed during construction.

“That’s probably the most effective benefit of light rail,” Johnson said. “For 20 years, we were in decline, and then light rail came, and it cleaned up the street. It brings a lot of money to the area.”

(THE WASHINGTON POST)

METRO PULSE



What do you think about having pedicabs as another transit option?

“I think it’s a terrific idea. Cars have always been the kings of the road. For tourists taking them, it’ll keep them from the sterile experience of the Tourmobiles.”

John Shages

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In Brief



The Sierra Club wants Mayor Vincent Gray to file a petition with the EPA.

WASHINGTON

Sierra Club: Close Power Plant in Alexandria

An environmental organization is calling on D.C. Mayor Vincent Gray to file a special petition with the Environmental Protection Agency that would put a power plant in Alexandria on track to close. The Sierra Club recently met with residents in Southeast Washington to warn them about the dangers of the sulfur dioxide being blown across the river from the Potomac River Generating Station. (AP)

RICHMOND, VA.

Verizon to Stop Delivering Residential White Pages

Virginia is saying goodbye to the Verizon residential white pages. The company says it will end automatic delivery of its printed white page listings with the delivery of the Danville directory later this month. After that, the listings will be available online, and customers can request free printed or CD-ROM listings. The business and government white pages and the yellow pages will continue to be delivered. (AP)

SILVER SPRING, MD.

Police Offer Reward In Killing of Md. Woman

Montgomery County police are offering a reward of up to \$5,000 for information leading to the arrest of a man wanted in a Silver Spring killing last year. Police say they're still searching for Tyshon Lateek Jones, a suspect in the September death of Julian Kelly. Police have an arrest warrant charging Jones in Kelly's death and have already arrested three others. (AP)

D.C. May Cap Pay for City Officials

Council panel wants limits for MPD chief, schools chancellor

Washington

A D.C. Council panel Monday recommended a cap on Police Chief Cathy L. Lanier's salary, explaining that it wants to "avoid an unchecked upward salary trajectory" for city officials.

Lanier makes \$253,817 yearly. When hired in 2007, she made a base salary of \$175,000, which

has since risen to about \$230,000. The additional increment is due to negotiated department-wide salary increases and extra pay awarded for her 20 years of service.

According to the city personnel department, Lanier is the fourth-highest-paid police chief in the country.

A report approved by the D.C. Council's government operations committee Monday "recognizes the hard work and dedication of the Chief, and further notes that, in comparison to other jurisdictions, the Chief is very well compensated."



Metropolitan Police Chief Cathy Lanier earns a salary of \$230,000 per year.

ed and receives a highly competitive annual salary."

The committee recommended that Lanier be paid no more than her current pay. She did not immediately respond to a request for comment.

"We put on the brakes," said Mary M. Cheh, D-Ward 3, the panel's chairwoman. "This is it."

The panel also recommended that the \$275,000 salary for D.C. Public Schools Chancellor Kaya K. Henderson not be raised. That is what her predecessor, Michelle A. Rhee, made. (THE WASHINGTON POST)

washingtonpost.com

ASHLYN MILSTEAD, 9, center, sings a song with the help of Camp Accomplish staffers before the doors of the dining hall open for lunch July 7 in Nanjemoy, Md. The camp pairs kids with disabilities with those who don't have disabilities to provide a unique experience that many of the youngsters would not be able to have at a more traditional summer camp. | postlocal.com

The Lotteries**Monday, July 11****Maryland**

Mid-day Pick 3.....	4-4-5
Evening Pick 3 (Sun.).....	1-0-2
Mid-day Pick 4.....	1-5-9-0
Evening Pick 4 (Sun.).....	8-3-0-3
Match 5 (Sun.).....	9-28-36-37-38 (27)

District

Mid-day Lucky Numbers.....	8-4-2
Evening Lucky Numbers (Sun.).....	8-6-4
Mid-day DC 4.....	4-9-8-6
Evening DC 4 (Sun.).....	1-4-7-4
Mid-day D.C. Five.....	2-6-4-8-4
Evening D.C. Five (Sun.).....	1-8-7-7-6

Virginia

Mid-day Pick 3.....	3-1-3	Evening Pick 4 (Sun.).....	7-7-7-0
Evening Pick 3 (Sun.).....	8-8-5	Mid-day Cash 5 (Sun.).....	2-20-26-28-30
Mid-day Pick 4.....	2-4-6-3	Evening Cash 5 (Sun.).....	10-17-23-24-30

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Hecht's Facility May Be Redone As Big Box Store

Washington

An ambitious development plan for Washington's New York Avenue that fell victim to the real estate bubble could see new life after a foreclosure.

In 2007, the old Hecht's warehouse was purchased by Patriot Equities of Wayne, Pa., for \$78.5 million. The company announced plans to turn the six-story art deco building into a shopping center with big box stores. But the plans never took off, amid economic collapse.

Now Washington-based Douglas Development says it's acquiring the property through foreclosure. Norman Jemal, a principal at the family-run firm, tells The Washington Post it purchased the Patriot Equities loan for less than \$20 million. (AP)

Cover Story

Lifting Metro's Spirits

Agency begins to address a top concern by unveiling a pristine new escalator

Washington

For the first time in 15 years, Metro has a new escalator.

The brand-new, sparkling, pristine escalator unveiled in Monday morning's rush hour at Foggy Bottom is part of a \$6 million project to replace two more and put in a staircase and a canopy to cover it all at the station.

68%

The portion of Metro's escalator outages that are caused by breakdowns, unscheduled repairs and incidents requiring shutdowns, rather than scheduled maintenance, according to a review of the system's 588 escalators that was released in February. (TWP)

Metro plans to spend \$150 million over the next five to six years to rehab and replace 140 escalators in the system. But after years of deferred maintenance, it's not nearly enough. Only nine new escalators will be installed — three at Foggy Bottom, three at Dupont Circle's south entrance and three at Pentagon. The rest will only be rehabbed.

During Monday morning's rush hour, a Metro employee stood near the new escalator directing people to it. At lunchtime, few commuters noticed it because there was a tall, black wall beside it. All three escalators at Foggy Bottom were working Monday afternoon — a rarity.

"We didn't even notice there was a new one, but we've certainly walked up and down plenty of broken ones," said Laura Bradford, 40, who was visiting the city with her four children from Kuala Lumpur. Her kids ticked off eight broken escalators they had seen in the last week.

Nearby, Roderick Gaither, 21, of Southeast



The New Escalator

The new escalator at Foggy Bottom is made by Switzerland-based Schindler Group, one of the biggest manufacturers of escalators and elevators in the world. It has brand-new steps, bearings, LED light fixtures near riders' feet, sensors, switches, controls and handrails. To test the new escalator's durability, Metro put 15,000 pounds of lead plates on them to see whether they could go up and down and whether the brakes worked. "They did," Deputy General Manager Dave Kubicek reported. (TWP)

Backstory

When a Metro escalator at the Foggy Bottom station collapsed on Feb. 18, it created a gaping hole in the ascending staircase and became the second serious ordeal for the system's escalator riders in the past year. On Oct. 30, six people were injured when an escalator with worn and oily brake pads slid backward at the L'Enfant Plaza station, causing passengers to land in a pile at the bottom. After the October event, Metro ordered an inspection of all of its escalators and found dozens of problematic escalator brakes and the need for emergency repairs. (TWP)

who works at nearby George Mason University, declared the new Foggy Bottom escalator is a "good, smooth, comfortable" ride.

"They need more of these," he said.

Foggy Bottom won out as a location for new escalators after Metro officials ranked the system's most problematic escalators. The station was near the top because it has only one entrance. Riders must use either the three escalators or a single elevator to access the station. During rush hour, commuters frequently form long queues trying to get out of and into the station.

Many of Metro's escalators are old and rundown and haven't been well maintained over the years, Metro officials said. To complicate matters, only three of the seven manufacturers of Metro's escalators remain in business.

"They're just old," said Deputy General Manager Dave Kubicek. "Vendors couldn't service what was in there. No matter what we did, we weren't going to be able to service them to the level of expectations."

That left Metro to create its own repair shop for fixing escalators. At times, Metro officials said, if a part can't be found on the market, the repair workers simply make it in their welding shop.

The escalators at the Dupont and Foggy Bottom stations are particularly unique because they were "custom built" for those stops. That makes finding replacement parts for them even tougher. This time around, Metro officials said, they are buying escalator technology that is "off the shelf" and "industrial strength" so it is easier to find parts and get them serviced, and they'll be more durable.

One question on riders' minds on Monday was how long the escalators will last.

"They are machines," said Metro spokesman Dan Stessel. "If your shoelaces are untied or it gets jammed with a flip-flop, they'll stop. I won't guarantee 100 percent they'll always work. But they'll be more reliable than the 30 year old ones," he said of the new escalator at Foggy Bottom. DANA HEDGPETH (THE WASHINGTON POST)

'A Little Different'

Clippard's unusual approach wins a spot in the All-Star Game

The Nationals

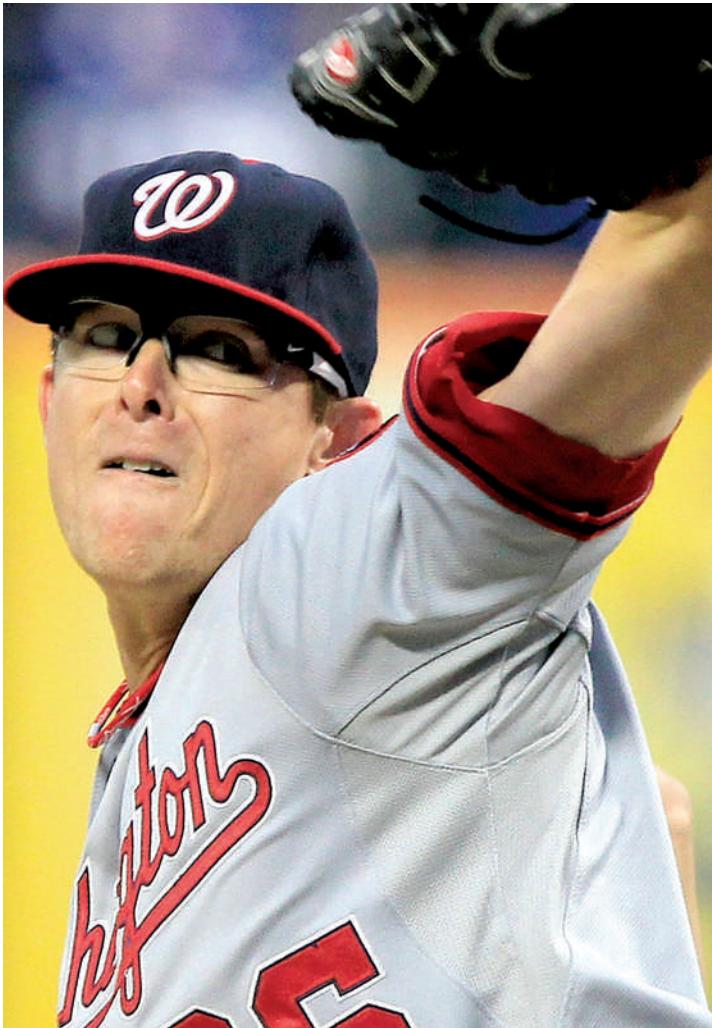
Tyler Clippard does not know, exactly, how he came to pitch the way he does. Nothing about what Clippard does on the mound, as a reliever for the Nationals, looks quite like what any other pitcher does. He strides forward as if stepping over a hurdle. He pauses slightly. His shoulders tilt upward as he cocks his right hand behind his head and shows the batter his left forearm. "He's throwing elbows and ass at you," teammate and former strikeout victim Matt Stairs says. "It's not a fun at-bat."

It's what always felt right. It helps that Clippard is naturally flexible—he discovered he could do the splits easily when he signed up, as a 6-year-old in Tampa for tae kwon do classes. Each year at spring training, Clippard scores at the extreme end of team-mandated flexibility tests. His teammates call him Gumby.

Clippard will spend Tuesday night in Phoenix, showing off the herky-jerky delivery that, four years after the New York Yankees traded him and three years after the Nationals shipped him to the bullpen, has made him a strikeout machine and a National League All-Star. Clippard has reached the top of his profession because he assessed what set him apart and dismissed any external forces trying to change him. He knew what felt right.

UNIQUE APPROACH

Clippard long ago learned to embrace what made him different, coolly self-confident and wonderfully oblivious. On the day of his major league debut, Clippard sat in the Yankees clubhouse and wore a T-shirt he had won in a baseball tournament at 16. He doesn't wear glasses off the field, but he wears protective goggles on the mound.



"Me being outside the box a little bit, I think, is a beneficial thing. I like it. I relish it. I don't want to be in the cookie-cutter category of mechanics and delivery."

— TYLER CLIPPARD, WHO EMBRACES WHAT SEPARATES HIM FROM OTHER PITCHERS.

In a vacuum, the quality of Clippard's pitches would make him, maybe, a fringe major leaguer. He throws his fastball between 92 and 94 mph, hardly overpowering velocity for a reliever. He pairs it with an above-average changeup and a curveball he rarely uses. The manner in which he unleashes those pitches, though, makes him one of the most dominating relievers in baseball. "If everybody threw like Tyler," his father, Bob Clippard, said, "he wouldn't be effective."

SPECIAL DELIVERY

Clippard's funky delivery includes a brief pause, which throws off a hitter's most crucial asset—his timing. Clippard hides the ball with his arm, shielding his release point with his glove. Because of the way his shoulders point up, not down like most pitchers, his fastball stays on an even plane. It does not rise, but it seems to. He uses precisely the same motion for his changeup, which seems, to a hitter, to disappear once it reaches the plate.

Each singular tic would provide an advantage. In combination, the unique qualities of Clippard's motion create a devilish optical illusion. In the minor leagues, hitters would reach second base and ask infielders how hard Clippard threw. The answer was 90 mph. They said that it seemed like 96, maybe 97.

"I think when it comes to release point and the positions that you get in before you release the ball, everyone is very similar," Clippard said. "I think I get into that position just like everyone else. Obviously, little things might look a little different. My frame, my body and the way it moves is different than other people."

ADAM KILGORE (THE WASHINGTON POST)

Swengali

Werth Not Worth Booring About

Let's just get this out of the way: Jayson Werth has been a bust.

At least if you judge him by his statistics (and most people do). Werth is hitting .215 with 10 home runs and 31 runs batted in halfway through the first season of his \$136 million, seven-



year contract. Those numbers aren't pretty—except for the ones with the dollar sign.

Now here is where it gets complicated.

The Nationals, who have yet to end a season with a winning record since moving to Washington, are at .500 at the All-Star break. At this time last year, the team was 11 games under that mark. So why focus on one of this season's few downers?

Is it a complete coincidence that the Nats have improved since Werth joined?

I saw one of my Facebook friends was calling for everyone at Nationals Park to boo Werth over the weekend. Many listened, judging by the sound of the stadium.

Why boo one underachiever, albeit an overpaid one? Why not cheer the emergence of Michael Morse; the bright futures of Danny Espinosa, Jordan Zimmermann and Drew Storen; or the upgrade in manager to Davey Johnson?

Fans shouldn't lose sight that this is the best version of the Nationals since 2005. Oh, and by the way, is it a complete coincidence the Nats have improved since Werth joined? He still plays good defense and may add some intangibles that result in wins.

Either way, the Nats aren't losing as much as they used to, and that's reason to cheer.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

The Evolution From Starter to Star

THE STRUGGLES

In December 2007, the Yankees traded Tyler Clippard to the Nationals for reliever Jonathan Albaladejo, who is now pitching in Japan. Clippard made two major league starts in 2008, and in spring training 2009 he imploded.

THE CHANGEUP

Nationals pitching coach Steve McCatty had come to believe Clippard translated out of the bullpen better—batters wouldn't get a second chance to figure him out, his fastball would play up, he would present a radical change of pace. McCatty sat Clippard down and explained that the starter would become a reliever. "I was mad," Clippard said.

THE RESULT

Soon, Clippard embraced pitching out of the bullpen. He started the year in AAA Syracuse but knew it was a matter of time before he reached Washington. By the end of the year, he had become indispensable. In 2010, he gained notice as a dominant setup. This year, he became an All-Star. (TWP)



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The National Institute of Child Health and Human Development at the National Institutes of Health (NIH) seeks children and young adults to participate in a study of long-term follow up of pediatric cancer survivors. The purpose of this study is to screen for side effects that can sometimes happen in children who have a history of cancer. We are specifically interested in learning more about the endocrine system, which is made up of glands and hormones that help to control your growth and development. Participation involves one outpatient visit, a possible blood draw, and imaging studies.

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Sports



Abby Wambach, right, ties Sunday's game against Brazil with this dramatic header.

American Women Are All the Rage

After dramatic win over Brazil, team has newfound popularity

Women's Soccer

The U.S. women's soccer team shared the Yankee Stadium scoreboard with Derek Jeter, made an appearance on "Good Morning America" and can now count Tom Hanks, Lil Wayne and Super Bowl MVP Aaron Rodgers among their list of star-studded admirers.

Like Mia, Brandi and Foudy more than a decade before them, Hope, Abby and the rest of the Americans have become quite the sensation thanks to their performance at the World Cup, a rare turn in the spotlight for U.S. soccer that could produce another watershed moment in the game.

Now the trick is to keep it going.

The Americans play France in the semifinals Wednesday night.

2.6

The overnight television rating that the U.S.' win over Brazil drew on Sunday, according to ESPN. It's the highest rating for a Women's World Cup game since 1999. (AP)

Win, and they'll face either Japan or Sweden in Sunday's final with a chance to become the first team to win three Women's World Cup titles.

"It's overwhelming. It's amazing," midfielder Carli Lloyd said Monday morning, still savoring the United States' epic victory over Brazil in a penalty shootout Sunday night. "The support and buzz back home is really awesome, and I think it's helping women's soccer. This could be a huge turning point for the growth of soccer back home, and that's what we're trying to do and trying to accomplish."

"Hopefully, as an added bonus, we come back with the cup." (AP)

TV Lineup

PRO BASEBALL (8 P.M., FOX)

Jered Weaver will start for the American League, and Roy Halladay will pitch for the National League in the All-Star

Game in Phoenix.

CYCLING (8 A.M., VERSUS) Stage 10 of the Tour de France goes from Aurillac to Carmaux, France.

Tour De France Crash Probed

Cycling

French police are investigating the crash in which a Tour de France car sideswiped a group of riders, sending two of them flying off the road.

Police began interviewing witnesses and the driver whose car swerved into Spanish rider Juan Antonio Flecha and Dutch racer Johnny Hoogerland during Sunday's ninth stage, Jean-Pascal Violet, the public prosecutor for the town of Aurillac, said Monday.

Violet said investigators are acting quickly to interview anyone involved in the crash before witnesses leave the area. (AP)

'Pacman' Jones Back in Trouble

Pro Football

The district attorney in Las Vegas says he'll review police reports of NFL football player Adam "Pacman" Jones' weekend arrest before deciding whether to ask a judge to jail Jones for violating a probation stay-out-of-trouble order. Clark County District Attorney David Roger said it could be weeks before he decides whether to seek jailing Jones for up to a year.

The 27-year-old Bengals star was arrested early Sunday at a Cincinnati bar on charges of resisting arrest and misdemeanor disorderly conduct while intoxicated. (AP)

S. Korean Reigns at U.S. Open



CHRIS CARLSON/AP

SO YEON RYU, OF SOUTH KOREA, kisses the U.S. Women's Open trophy after winning the major championship in a playoff over compatriot Hee Kyung Seo. The 21-year-old is the latest South Korean star inspired by Se Ri Pak.



RETURNS

Always a Buckeye

Former All-Pro outside linebacker Mike Vrabel believes his 14 years in the NFL will help him as an assistant coach at his alma mater. Vrabel officially retired from the Kansas City Chiefs on Monday and announced he was returning to Ohio State as a linebackers coach. (AP)

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Sports

It All Starts Here for Prospects

The Capitals

Hockey's back in Washington — at least for a few days. Over the next week, the Capitals' top prospects will go through the team's annual development camp in an effort to earn an invitation to the Caps' training camp in September.

While much of development camp is centered on skating drills, systems play and other skills assessments that may not mean much to the casual hockey fan, that doesn't mean there isn't much to see. In fact, watching players go through the basics is a good way to evaluate the talent pipeline.

Here are a few who will likely stand out among the crowd this week.

Cody Eakin, Forward



The Caps' third-round pick in the 2009 draft pushed for a roster spot at training camp last season but was relegated to his juniors team, the Swift Current Broncos of the WHL. In the past year, he was traded to the Kootenay Ice and helped lead the Ice to an appearance in the Memorial Cup with 11 goals and 27 points in 19 playoff games. The speedy two-way player may push for a spot in Washington again this season but will likely see time back in juniors or the AHL.

Dmitrov Orlov, Goalie

After winning a gold medal at the World Junior Championships, the Caps' top defensive prospect ap-

When To Watch

Got the blueline blues? Fortunately, Caps fans, there's hockey to be seen for free. All of the development camps' practices are open to the public at Kettler Capitals Iceplex in Arlington, and intrasquad scrimmages will take place on Wednesday (3 p.m.) and Thursday (9 a.m.) with a "Fan Fest" finale on Saturday at 10 a.m. R.A.

peared in 19 games with the Hershey Bears, scoring two goals and tallying seven assists. Orlov will spend his first full year playing in North America this season and will likely end up



with the Bears again. There's a chance the Russian might spend time in Washington as a call-up in the same way former prospect Karl Alzner was slowly brought into the NHL.

Stanislav Galiev, Forward



After impressing the Caps at training camp last season, Galiev assisted the Saint John Sea Dogs in defeating Cody Eakin's Kootenay Ice for the Memorial Cup. In the QMJHL, Galiev registered 65 points in 64 games and doubled his previous year's goal total with 37 strikes. Galiev also contested for a roster spot on the

Quick Hits

Other prospects worth watching this week in Arlington:

► **Steffen Soberg, Goalie:** The Norwegian goaltender was selected in the fourth round by the Caps in this year's NHL draft and is vaunted for his athletic play.

► **Mattias Sjogren, Forward:** After impressive shows in international play, Sjogren signed on June 1. He scored seven goals and had 17 assists with Farjestad of the Swedish Elite League.

► **Brandon Anderson, Goalie:** The free-agent signing from 2010 impressed the Caps so much at last year's development camp, the team signed him to an entry-level deal. R.A.

Caps last season but is likely to see time in juniors or the AHL if he turns pro. REED S. ALBERS

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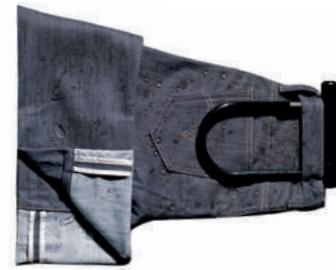
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fit

Guinea Pig | In the Jeans

Levi's 511 Skinny Commuting Jeans (\$78, Levi's stores), for male cyclists who want to go straight from bike to work or social gathering, are a tad taut across the thigh but not unpleasantly so while pedaling. Even in 80-degree temps, the cotton denim breathes. The pants resist water and repel dirt, the crotch is reinforced, and a built-in "utility belt" is designed to hold a U-lock. As for office wear, a tester got this comment: "They look like man leggings!"



The Perks of the Parks

Even though not everyone has a backyard, there's always an outdoor place to play, thanks to our nation's multitude of parks. But green spaces require some green to maintain, and that's not quite as easy to track down these days. "Budgets are tight, and one of the first things that gets cut is funding for parks," laments Jake (as in "Body By") Steinfeld.

The fitness guru is the spokesman for America Is Your Park (Live-positively.com), a competition to find the country's most beloved outdoor space. After voting ends Sept. 6, the top park will receive

a \$100,000 grant from the Coca-Cola Live Positively Initiative. You can vote by clicking for your choice on the website, which will earn your park a single point, or by checking in on Facebook or uploading photos of a visit — either of which scores five points for your pick. "So the name of the game is to get out and play," Steinfeld says.

That's what he's been doing recently to film a series of videos about what makes folks so passionate about their parks. "They're sanctuaries for people, whether they like to walk, throw a Frisbee or go rock climbing," says Steinfeld, who's developed even more of an appreciation for his neighborhood parks in the process. You can often



Steinfeld

KATHERINE FREY/TWP



YOGA

It's much easier to feel grounded when there's dirt under your mat, says Carolan Sudol, owner of Bikram Yoga Dupont. For the seventh summer in a row, she's organized Yoga in the Park, a free series of classes every Sunday

Where:
Meridian
Hill Park and
Dupont Circle

from 5 to 6:30 p.m. in Meridian Hill Park, left. She picked the open setting as a way to entice members of the community to try yoga for the first time. But even seasoned yogis can appreciate the change of scenery. "It's unbelievable to do it outside with fresh air. It can't compare to a studio," she says.

You can also get your free yoga fix Wednesdays at 6:30 p.m. at Lululemon's classes on Dupont Circle. The store often surprises attendees with giveaways.

COURTESY AMZALLAG



DANCE

Busting out is new for Laurent Amzallag, who normally teaches indoors at area gyms. But busting a move is not. His fusion of dance steps with plyometric exercises, core work and a whole lot of booty shaking — YaLa — is drawing crowds to the Southwest Waterfront (Seventh and Water streets SW) every Saturday at 9 a.m. The backdrop of boats makes everyone more cheerful, says Amzallag, who'll be teaching the free classes through mid-September. "Just rise and shine and you'll be a firecracker for the rest of the day," he promises.

If you'd rather sleep in, Glen Echo Park (Glenechopark.org) will keep you on your toes all night. The former amusement park near Bethesda boasts regular dance events, including swing sessions in the open-air bumper car pavilion. This Friday, it's an evening of blues dance (\$15, 8 p.m.).

Where:
Southwest
Waterfront
and Glen
Echo Park

BOOT CAMP

Want to meet people in your neighborhood? And sweat on them? That's the idea behind Emmanuella Juste's 9 a.m. Capitol Hill boot camps (\$20, Justefitness.net/adultbootcamp.html), which meet at Stanton Park on Mondays and Wednesdays and at Lincoln Park

Where:
Stanton
Park and
Lincoln Park

on Tuesdays and Thursdays. Juste brings props, including kettlebells, to give her clients the kind of workout they'd get at a gym. But she doesn't need to lug around the best accessory: passersby. "I think it pushes them to do as much as they can," Juste says.

Even without an organized program at your home park or any equipment, you can do her favorite exercise, which is step-ups on benches.

find him with his wife and four kids riding on bike trails, tossing a ball around and then indulging in a picnic. "That's why I train," he says. "So I can eat."

With so many parks to choose from — any national, state or local park is eligible — deciding which one to root for can be challenging. But not for Steinfeld. "I was born in New York, but I've been living in California since I was 19. So it has to be Venice Beach," says Steinfeld, who started his career pumping iron there. As for the parks in our area, Steinfeld says it's tough to beat the National Mall. "The sights are breathtaking," he says.

One you can't miss: the constant stream of joggers. But there are plenty of other ways to exercise in the great outdoors. Here's a reminder of a few options — and some local parks that deserve votes.

VICKY HALLETT (EXPRESS)

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This Guy Is No Match for You

Q

I recently found out that my boyfriend has been spending time on Match.com, which is where we met. I deactivated my profile not long after we started dating, but apparently he hasn't. I don't think that he's gone out on any dates, but how can I really know? He claims that he just "hasn't gotten around" to deactivating it and that he likes to keep it open because some of his friends are on there. **CONCERNED**

Just what kind of friends? Women in tube tops whose names are "Fire-dancer67"?

As much as I love to give people the benefit of the doubt, your guy's story is a bit strange. To say he hasn't gotten around to deactivating it is a completely different excuse than wanting to be on it because his friends are on there. Which is it? He'd come across as more honest if he chose one.

The truth is, short of hiring a private investigator, you can't ever know with 100 percent certainty whether he's having inappropriate contact with other women. The bottom line: Do you trust him in your gut? This answer is bigger and more important than his online activity.



Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (Friendshipfix.com).

**By Dr.
Andrea
Bonior**

Not Kidding About the Kids

Q

I've had two relationships end because I don't want kids. With both, I was clear from the outset, but about a year in, the guys revisited it, and it became a sticking point. When I asked them why they stayed if it was such a deal-breaker, they said they thought I'd change my mind. Now I plan to be very up-front with whoever I date. My friends say that I shouldn't bring it up so early because I might scare guys off. Your take? **NO MOTHERHOOD FOR MOI, VA**

For the guys for whom it's going to be a sticking point, perhaps a little scaring off isn't a bad thing!

But I hear your friends' point: Exclaiming "I absolutely never want to be a parent" before you've even friended each other on Facebook could rub a date the wrong way, whether he wants children or not. When things start to get exclusive

(after you've discussed past relationships, but before you're hanging out automatically on Friday nights), you can explain that you've been burned by guys who did not take you at your word, and you really don't want to be disappointed again. From that point on, what matters is whether your partner can respect you for who you are, and adjust accordingly.

Event Horizon

Past Perfect

If you walked by Past Tense (3253 Mt. Pleasant St. NW; 202-462-9642, PastTenseStudio.com) last week and it looked like the yoga studio was a thing of the past, don't worry. It was just closed to clean the place up to prepare for its second anniversary in the bendy business. Celebrate at an open house Wednesday from 7:30 to 9 p.m. You can enjoy nibbles and beverages, peruse a new photo installation and win prizes.

phys ed | fit

The Way To Get Crazy in Shape

'Operation: Osmin' relies on the trainer's wild ideas to help clients lose weight

Interview

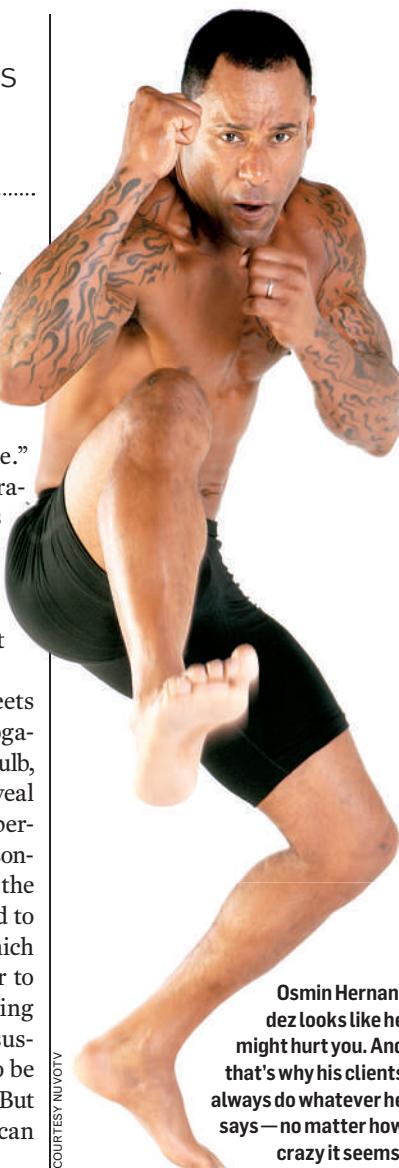
When you watch Osmin Hernandez sit on top of a man doing push-ups and pour a bottle of beer all over the guy's back, the first word that comes to mind isn't "inspirational." More like "insane." But that's what makes "Operation: Osmin," which premieres tonight at 9 on the new network nuvoTV (carried by Comcast, Dish Network and Verizon FiOS in the D.C. area), not the typical weight-loss show.

When Hernandez first meets with clients, it's in an interrogation room. Under a single light bulb, he berates them until they reveal every weakness. "It's called personal training. It has to be personal," Hernandez says. Then, for the next 30 days, they're subjected to his unusual exercise ideas, which can range from pushing a car to running directly into oncoming traffic. "Sometimes it looks suspicious. You think it's going to be dangerous," Hernandez says. "But it's just a challenge. Anything can happen in life."

Given his backstory, it's no wonder he takes that view. When he was growing up in Cuba, street fighting was the norm. "All the kids in the neighborhood had rocks and pieces of wood, so I had to train myself like a badass," he says. When he was old enough to join the military, he told his captain he was ready to become a general. That got him kicked out for being mentally unfit. Eventually, he escaped via raft to the U.S., where he became a trainer to the stars.

"I've been through a lot," he says. And he puts himself through a lot more. He'll often sprint in mid-

COURTESY NUVO TV



Osmin Hernandez looks like he might hurt you. And that's why his clients always do whatever he says—no matter how crazy it seems.

day Miami heat while wearing a snorkel to increase his lung capacity. "I'm 40, but I can fight like I'm 20," Hernandez says.

His clients bear the brunt of his aggression. No one wants to make him madder, so they don't consider slacking off, even if they're bleeding (as happens in the pilot). It can come off as cruel, but Hernandez says it'd be worse to leave them alone. "You've got to keep moving," he says. "The day you stop, you get fat, you get lazy, and you get problems." **VICKY HALLETT (EXPRESS)**

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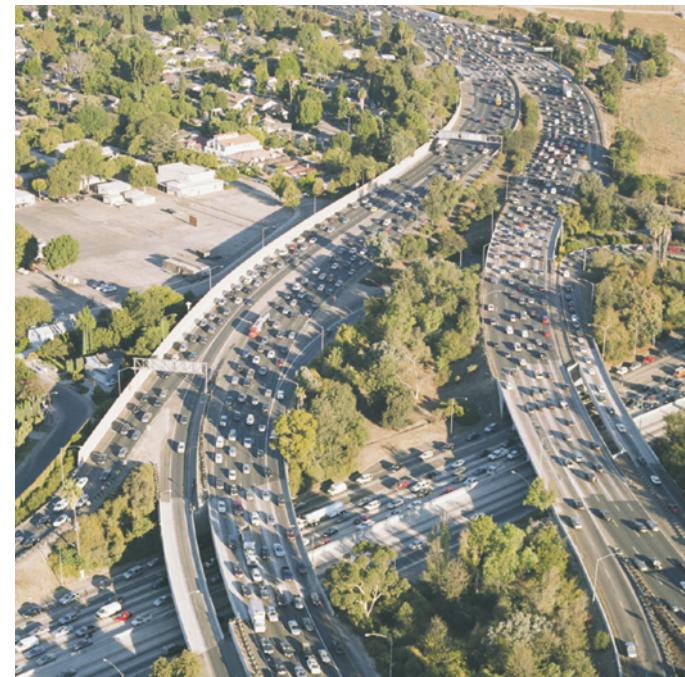
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Recipe File

TROPICAL TABBOULEH

Ingredients

- 2 cups cooked and cooled pearl barley
- 1 cup firmly packed chopped fresh cilantro
- 1/2 cup chopped fresh mint
- 3 scallions, sliced
- 3 tablespoons lime juice
- 2 tablespoons extra-virgin olive oil
- 1 cup diced mango
- 1/4 teaspoon allspice

Makes Four Servings

In a medium bowl, combine all ingredients. Toss well, then season with salt and pepper. (AP)

200 calories; 70 calories from fat; 8 g fat; 0 mg cholesterol; 33 g carbohydrate; 3 g protein; 5 g fiber; 10 mg sodium.



MATTHEW MEAD/AP

CALIFORNIA TABBOULEH

Ingredients

- 3 tablespoons cider vinegar

- 2 cups cooked and cooled brown rice
- 1 small fennel bulb, cubed
- 1/2 cup chopped fresh parsley
- 2 tablespoons chopped fresh thyme
- 1/4 cup chopped fresh chives
- 2 tablespoons honey
- 1 tablespoon olive oil
- 1/4 cup crumbled blue cheese
- 1/4 cup toasted sliced almonds

Makes Four Servings

In a medium bowl, combine all ingredients. Toss well, then season with salt and pepper. (AP)

290 calories; 90 calories from fat; 10 g fat; 5 mg cholesterol; 45 g carbohydrate; 7 g protein; 6 g fiber; 160 mg sodium.

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Dining

If you want to look good with your clothes off, you'll need to cut out those visits to Jumbo Slice. But can you quit cold pepperoni? "Fast food is ingrained in our society, and people aren't going to stop eating it," says Phil Parsons, the D.C.-area developer for Naked Pizza, an international chain that hawks a healthier take on the typical pizza pie. The just-opened Arlington location (1101 S. Joyce St.; 703-412-3777, Nakedpizza.biz) is the first of a half-dozen shops planned for the region, as the brand hopes to deliver Washingtonians something better than the usual delivery.

"A white flour crust pizza is a doughnut with sauce and cheese on it," Parsons says. Instead, a Naked Pizza starts with an "Ancestral Blend" crust consisting of 10 grains — including oats, spelt, brown rice and quinoa — as well as probiotics and prebiotics to aid digestion. That's topped with all-natural tomato sauce and skim-milk mozzarella. "There's no sugar added. No preservatives. No freaky chemicals,"



he says. This means lower calorie counts compared with competitor's creations: A slice of Pizza Hut's plain thin crust has 190 calories and 8 grams of fat, while a comparable slice from Naked is only 114 calories and has 5 grams of fat. Plus, Naked's chewy crust boasts a richer flavor to complement a selection of fresh vegetable and hormone-free meat toppings.

Select your own, or pick from the list of pre-designed pies (\$12.99-\$16.99). Options range from the Superbiotic — which is piled with artichoke, spinach, bell pepper, mushroom, garlic, red onion and cilantro — to the Farmville — with pepperoni, sausage, hamburger and ham. There's also a gluten-free crust available (\$9.99), but not much else. The stripped-down menu offers only two sides, a simple spinach salad (\$5.99) and mozzarella-cheddar Ancestral Blend breadsticks (\$5.99).

No matter what you choose to bring home for dinner, you might have some explaining to do about the name on the box. "I'm not saying that we won't deliver to a nudist colony if they order," jokes Parsons. "But that's not our only target market." Getting Naked is more for people who want to get buff than be in the buff. NEVIN MARTELL

The Binge Buzz

The same chemical reaction that gives pot smokers the munchies may also be triggered by scarfing down a carton of ice cream, according to a new study published in last week's issue of the Proceedings of the National Academy of Sciences. It seems that ingesting fat makes us crave more fat, which may have made evolutionary sense. But it's causing problems now. (EXPRESS)

Slather or Be Sorry

Three common skin cancer spots and what you can do to stop them from being so exposed

Your Eyes

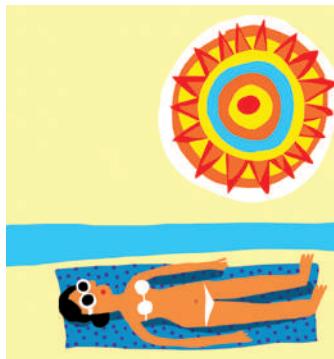
The Danger: According to the Skin Cancer Foundation, skin cancers found on the eyelid account for as much as 5 percent to 10 percent of all skin cancers. "Cancer near the eyes can end up being a bit more aggressive because many mistake early cancer signs as a stye, an eye infection or even a patch of inflammation of the skin," says

dermatologist Susan Butler, of the California Skin Institute.

Protect Yourself: Make sure your sunglasses can block out 99 percent to 100 percent of UVA and UVB light. And avoid small glasses.

The Top of Your Head

The Danger: "As guys get older, their hair thins, which results in less protection against the sun," says Scott W. Fosko, chairman of the Department of Dermatology at Saint Louis University School of Medicine. The most common type of cancer found on the head is basal cell carcinoma, which looks like a raised or rough scab-like



suggests companies such as Wallaroo and San Diego Hat Co., both of which make hats with sun protection built into the fabric. Butler also recommends using a spray-on sunscreen with an SPF of at least 30. That way, you can protect your scalp without having a bunch of goop in your hair.

Your Lips

The Danger: Your lips don't get action just when you kiss. Your lower lip is especially helpless because it receives more direct sunlight than your upper lip, Butler says.

Protect Yourself: Use lip balm, and use it often. The Skin Cancer Foundation lists numerous lip balms that have adequate SPF protection, such as Avon's Anew Solar Advance Lip Sunscreen SPF 30, Rite Aid's Rx Suncare SPF 45 Lip Balm and Banana

Hot Tip

Drivers Beware

Drivers in the U.S. are more likely to develop cancer on the left side of their bodies, according to a study from the University of Washington in Seattle. When melanoma occurred on one side of the body, 52 percent of cases were on the left, the study found. The culprit, in part: sticking your arm out the window while at the wheel, researchers say. M.H.

Boat's Sport Performance Sunscreen Lip Balm SPF 50. MADALINE HALLER (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)



12 WEEKS. 6 CHALLENGERS. 1 GOAL.

Cardio exercise burns calories for weight loss, strengthens the heart and lungs, and helps lower the risk of high blood pressure, high cholesterol and diabetes. It also helps increase energy and reduce stress.

Yet even with all those powerful benefits, cardio exercise often has one big, overriding drawback for many: It can be painfully boring. But the Get Fit Challengers are discovering a variety of options at Gold's Gym to keep their cardio workouts fun and interesting.

For challenger Michael D'Italia at the Rockville Gold's Gym, that might even include a chance to catch a great movie.

FIVE COMPONENTS OF FITNESS



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Patrick has over a decade of experience in the fitness industry. He is certified by the National Council on Strength and Fitness as a personal trainer, and by the Aerobics and Fitness Association of America as a group exercise instructor. He is also author of the book "How to Get a Flat Stomach," available from Amazon. Patrick holds a B.S. in electrical engineering from the University of Maryland.

TRAINER TIP OF THE WEEK

Even if you have a very tight, hectic schedule, you can incorporate some type of cardio exercise into your day. Park in the farthest spot from your building. Take the steps instead of the elevator. Go for a brisk walk at lunch. Even if it's just five minutes, that's a good start. The key is to find practical ways to stay active and incorporate exercise into your daily life.

--Patrick

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MIXING IT UP

Patrick suggested that Michael rotate his cardio workouts between the treadmill, the elliptical machine and group cycling classes. "I want him to mix it up so that he doesn't get bored," Patrick says. "Also, I want to make sure that his joints are protected, especially since I want him doing some sort of cardio every day."

Michael has followed Patrick's advice, logging "serious time" on the equipment at Gold's, and taking group cycling classes a few times a week, which he has really enjoyed. "Cycle Class is great! I really appreciate the group aspect and supportive environment."

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A MOVIE WITH YOUR WORKOUT?

Michael has discovered one entertaining way to pass the time during a cardio workout is the Gold's Gym Cardio Cinema™. Available at select Gold's Gym locations, including Rockville, the Cardio Cinema™ is a darkened room that features cardio equipment and movies playing on a theater-sized screen with surround sound.

"The Cardio Cinema™ is fantastic," Michael says. "It's like going to the movies but without the popcorn and you're burning calories instead."

In the coming weeks, Michael plans to sample the entire range of Gold's Gym's cardio equipment and classes, including BODYSTEP®, BODYATTACK®, and even ZUMBA®, a Latin-flavored dance workout. "I think it's important to mix it up to stay motivated and avoid boredom. Keep it fresh, fun and enjoyable."

Michael says maintaining motivation has been a problem in the past, will this time be different? Follow his journey on Facebook and on his daily blog, mjdgetfit.blogspot.com.

Find out where the local cardio cinemas are at goldsgym.com



Follow Michael and his fellow Challengers at Facebook.com/GoldsGetFitChallenge

Points are awarded weekly for body weight loss % and competitive challenges.*

CHALLENGERS	Previous Weight	Current Weight	Total Weight Loss	TOTAL POINTS
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MICHAEL	244.2	241.8	-20.6	15
STEPHEN	356.0	352.0	-14.0	10
KATIE	231.1	230.4	-11.4	9
LARRY	367.0	364.0	-16.4	8
CAREN	224.5	225.5	-4.5	4

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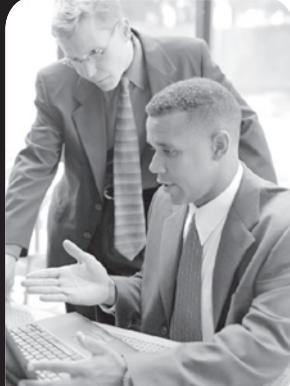
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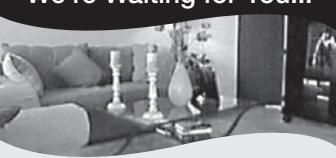
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Sound Bets



COURTESY BEAUTY PILL

Crazy Beautiful

For whatever reason, I never spent much time listening to the Dischord bands Smart Went Crazy (1993-1998) or Beauty Pill (1999-present). Smart Went Crazy's tense post-punk feels like a warm-up for the lush art-rock of Beauty Pill, above, which singer-songwriter-producer Chad Clark and bassist Abram Goodrich put together after the former disbanded. The creative force in both is Clark — who's the reason I revisited those bands.



By Christopher Porter

See, we're Facebook friends and Twitter buds, though our contact has been limited to one witty comment each on each other's walls. But Clark's smart, enthusiastic comments about music made me think, "I should dig this dude's jams."

You can (re)introduce yourself to Beauty Pill when the band begins its "Immersive Ideal" project: Every day between Saturday and Aug. 2, the group will convene at Rosslyn's Artisphere from noon to 10 p.m. to record its forthcoming album, in public. It'll be like going to a rock zoo with shredding pandas: beautifully crazy.

Go Online:

► Visit Beautypill.com for updates and Dischord.com for music by both bands.



Comments? Give Christopher your feedback: expressnightout.com/soundbets



BILL OLEARY/TWP

Starland Vocal Band's Bill Danoff at Clyde's of Georgetown, where he came up with the idea for "Afternoon Delight" 35 years ago.

Still a 'Delight'

Starland Vocal Band's lone hit remains a part of pop lore 35 years after its debut

Music

On July 10, 1976, as the smoke was still clearing from America's bicentennial celebration, a new song slid into the top spot on the Billboard Hot 100, riding a chorus that referenced "skyrockets in flight."

But Starland Vocal Band wasn't singing about bombs bursting in air on the suddenly ubiquitous folk-pop ditty "Afternoon Delight." The harmonic hit was actually about post meridiem lovemaking.

The sexually suggestive soft-rock song was written by Starland's Bill Danoff after he'd made a teatime trip to Clyde's of Georgetown, where he sometimes sang with his wife, Taffy Nivert. For "Afternoon Delight," the couple doubled up, adding friends Jon Carroll and Margot Chapman, who would later marry (and, like Danoff and Nivert, later divorce).



"Afternoon Delight" was Starland Vocal Band's first and only hit. But the incredible success of "Afternoon Delight" was enough to lift the song into pop-culture permanence, albeit as one of the most maligned

pop singles of its era and a popular Hollywood punch line.

On the 35th anniversary of its ascension to No. 1, here's the tale of the creation, rocket ride and afterlife of "Afternoon Delight":

BILL DANOFF: Margot [Chapman] was my friend, and we were at Clyde's in '74. It was after lunch, and from 3 to 6 they had these table tents out that said "afternoon delights." It was a little menu of, like, four items. I thought it would be a neat title for a song.

TAFFY NIVERT: I was at the hospital having an operation for cervical cancer. Bill came and said, "I'm starting another song."

DANOFF: It took me a couple of months to get [it] right. I was watching a Redskins game [when] I came up with the lick on my 12-string guitar. That triggered it.

RUSSELL GEORGE, SESSION MUSICIAN: We didn't know what tune we were playing. We were just reading chord symbols off the page. The first time I heard "Afternoon Delight" in its complete form was when I got the record at home. I ... near [wet] myself.

DANOFF: When it came out, I was getting my car fixed, and the guy said: "I heard your record. It's about a nooner!" I didn't know there was a term for that. I was just thinking the guy goes to see his girlfriend in the afternoon. ... I wasn't trying to be a pervert.

PHIL RAMONE, ENGINEER: Somewhere along the line, a few scriptwriters got "Afternoon Delight" into their psyche, and I don't know why.

ADAM MCKAY, "ANCHORMAN" WRITER-DIRECTOR: The song represents the '70s perfectly, because it's delightful, innocent and sexually free. ... It represents the free love of the '60s going mainstream in the '70s. It plays in a very big moment in the movie, no doubt about it.

NIVERT: [We] got one check in the spring of 1977. That was it. We received a check for \$66,000 that we split four ways and have never seen another penny. **J. FREEDOM DU LAC (THE WASHINGTON POST)**

lookout expressnightout.com

top
stops



1 Fire's Not Out

Eleanor Friedberger, who got famous (with her brother Matthew) as the power behind indie rock band Fiery Furnaces, is releasing her first solo album this summer. It's called "Last Summer" (sorry if this is confusing), and she'll be performing on the Black Cat's Backstage to celebrate. **Black Cat, 1811 14th St. NW; 8:30 p.m., \$10; 202-667-7960, Blackcatdc.com. (USt.-Cardozo)**

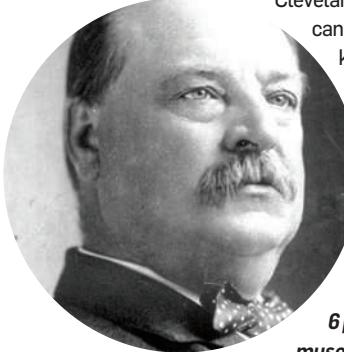
2 Nothing but A Good Time

Jukebox musicals are a time-honored tradition, but they usually stick to one artist. "Rock of Ages" is more ambitious, pulling its score from an entire decade. Yes, the '80s. The story (Does it matter?) concerns a couple falling in love in a rock club while everybody sings "Hit Me With Your Best Shot" and "Don't Stop Believin'," and that second bit is what you care about. **National Theatre, 1321 Pennsylvania Ave. NW; through July 24, \$57-\$97; 202-628-6161, Nationaltheatre.org. (Metro Center)**

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

3 Cleveland at Sea

It's disgraceful what passes for a political scandal now. President Obama wore flip-flops? Grover Cleveland went to sea and had secret cancer surgery, and the public didn't know for years! (He also may have fathered an illegitimate child, but everyone found out about that.) Tonight, Matthew Algeo will read from his book, "The President Is a Sick Man," about Cleveland's covert procedure. **Silver Spring Civic Center, 1 Veterans Place, Silver Spring; 6 p.m., free; Nmhm.washingtondc.museum. (Silver Spring)**



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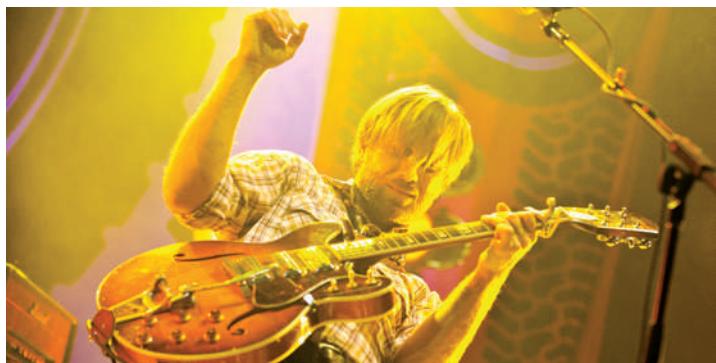
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entertainment lookout



KYLE GUSTAFSON/FTWP

Dan Auerbach and the Black Keys previously played Virgin's annual festival in 2008.

Black Keys Top FreeFest Acts

A free Sept. 10 show will also feature Cee Lo and Patti Smith

Music

Mark your calendar and keep your wallet in your pocket: Virgin Mobile FreeFest will return to Merriweather Post Pavilion on Sept. 10. Tickets are, once again, totally free and will be given away this Friday at 10 a.m.

At the top of the bill: Ohio rock duo the Black Keys, "[Forget] You" crooner Cee Lo Green, Gotham greats TV on the Radio, and rock 'n' roll icon — and recent National Book Award winner! — Patti Smith.

"We just want people to see this festival as THE list of the absolute coolest bands and stories of the moment," said Seth Hurwitz, Virgin Mobile FreeFest producer, in a statement.

Other mainstage performers include masked DJ Deadmau5, Aus-

tralian dance-rock troupe Cut Copy, folk princess Grace Potter & the Nocturnals, Texas rockers Okkervil River, rapper Big Sean and other acts, including Empire of the Sun, Two Door Cinema Club, Alberta Cross and Bombay Bicycle Club.

Promoters are also bringing back last year's Dance Forest, which will feature sets from Calvin Harris, Ghostland Observatory, !!!, Porter Robinson, Eclectic Method, Teddybears and James Murphy, whose now-defunct group LCD Soundsystem closed out last year's FreeFest.

This will be FreeFest's third year at Merriweather, after slimming down the festival from two days to one and relocating from Pimlico Race Course.

Tickets will be given away on Friday at 10 a.m. via Virgin Mobile Live's Facebook page (Facebook.com/virginmobilelive) — but you have to "like" Virgin Mobile Live on Facebook in order to secure tickets.

CHRIS RICHARDS (THE WASHINGTON POST)

Music Beat



Next 'Friday': Rebecca Black is releasing a new single — her first since "Friday" became a viral sensation. "My Moment" will debut on Black's YouTube channel at 8 p.m. on July 18 and on her official website. Black is also putting the finishing touches on a five-track EP, which she will self-release in August, foregoing the traditional route of signing with a label. (THE HOLLYWOOD REPORTER)

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TV tonight lookout

Best Bets

FOOD
8:00

Cupcake Wars Four bakers who have won the competition in the past are brought back to compete against one another. The winner's sweets are served at a party held in conjunction with the Tony Awards.

TNT
9:00

Memphis Beat Determined to learn the truth about whether his father was a dirty police officer, Dwight (Jason Lee, pictured) heads for New Orleans with Paula (Celia Weston) to talk to the man who shot him.

TNT
10:00

Hawthorne Christina and Tom spend a day with Miles' kids, who are in town for a visit. Bobbie has her picture taken for an article about James River. Kelly and Dr. Marshall get to know each other better. Investigator Jimmy Dupree has more questions for Renata.

USA
10:00

Covert Affairs While deploying surveillance cameras on the border of Poland and Belarus, Annie and Reva are taken captive by the secret police in the latter country. (TRIBUNE MEDIA)



BBC AMERICA

Adding To His Plate

GORDON RAMSAY'S
GREAT ESCAPEBBCA
9:00

In the new show from loud, angry and overexposed cook and restaurateur Gordon Ramsay, left, he travels to Southeast Asia, home to some of the few cuisines that he has not mastered. Tonight's "Escape" takes him to Vietnam. During the four-part series, he'll also sample the cultures and cuisines of Cambodia, Malaysia and Thailand. KEVIN McDONOUGH (UNIVERSAL UCLICK)

Reality

Dialect Disparity

On "How the States Got Their Shapes" (10 p.m., Hist), Brian Unger, shown, explores the differences in accents and vocabulary across the U.S. Topics include why the Southern accent didn't exist until after the Civil War and why some call carbonated soft drinks "soda" but others call them "pop." (TM)



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Poll Center

Today's Question

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Yesterday's Results

DO YOU THINK NASA SHOULD HAVE ENDED ITS SPACE SHUTTLE PROGRAM?



"Yes, it was far too costly and never really achieved its goal."

COMMENTER **MILDLYMISANTHROPIC**

"Not at all. Now we're going to be dependent on Russia whenever we need to go into space to fix a satellite or a telescope."

COMMENTER **BALTIKA4**

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— **PEREZHILTON.COM** THINKS ANISTON IS THE REASON BEHIND "TERRIBLE BOSSSES" SOLID WEEKEND SUCCESS. THE R-RATED COMEDY PULLED IN \$28M IN ITS DEBUT.



Blog Log



"Listen, we all expected sportswriters to wax poetic and behave like blithering idiots when it came to this milestone. But, God, seeing it happen in real time is just so excruciating. Don't you people know we all dreaded this from you?"

— **DEADSPIN.COM** REACTS TO A COLUMN BY ESPN'S IAN O'CONNOR, WHO WROTE AFTER YANKEES SHORTSTOP DEREK JETER GOT HIS 3,000TH HIT, "THE BALL WAS IN THE AIR, DISAPPEARING INTO THE KIND OF WHITE CLOUDS NORMAN ROCKWELL LOVED TO PAINT."

"I know of no evidence Rupert Murdoch's news organizations had anything to do with the illegal hacks targeting email accounts of climate scientists. But given the widening scandal around the apparent willingness of Murdoch's News of the World to use hacking as a common news-gathering tool, shouldn't someone at least be looking into it?"

— **THEGREENMILES.BLOGSPOT.COM** OFFERS SOME LOOSE SPECULATION ABOUT WHO MAY BE RESPONSIBLE FOR THE 2009 HACKING OF EMAIL ACCOUNTS OF SCIENTISTS IN BRITAIN'S UNIVERSITY OF EAST ANGLIA CLIMATE RESEARCH UNIT.



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Horoscope

CANCER (June 21-July 22) You may have trouble overcoming a particular obstacle, but once you do, it should be smooth sailing to your final destination.

LEO (July 23-Aug. 22) One in your inner circle may express doubts. You can put him or her at ease by making plain both your motives and your methods.

VIRGO (Aug. 23-Sept. 22) Take the time to think things through carefully before swinging into action. Any premature move on your part can be detrimental.

LIBRA (Sept. 23-Oct. 22) You may not know just how you are going to fulfill all of your responsibilities, but the best thing to do is start at the beginning.

SCORPIO (Oct. 23-Nov. 21) A promise received in recent days is likely to be fulfilled. You'll benefit in more ways than you had anticipated.

SAGITTARIUS (Nov. 22-Dec. 21) It's time to get out of that rut and begin doing the things that really get you fired up—in all the right ways.

CAPRICORN (Dec. 22-Jan. 19) Working as a team is fine in theory, but you may encounter difficulties if you haven't taken the time to explain things to everyone.

AQUARIUS (Jan. 20-Feb. 18) Take care that your own efforts aren't in some way at cross-purposes with another's. Keep the lines of communication open.

PISCES (Feb. 19-March 20) You may have waited until the last minute to address a pressing issue, but you're likely to discover that the odds are in your favor.

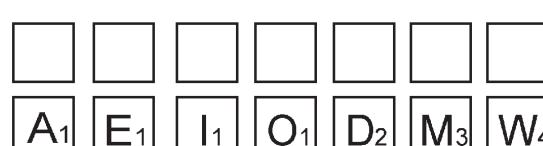
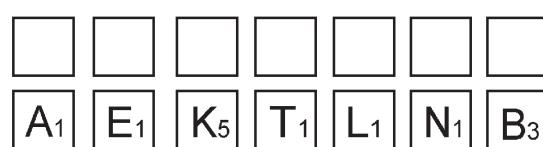
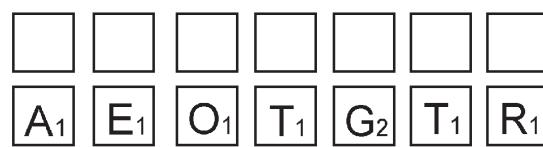
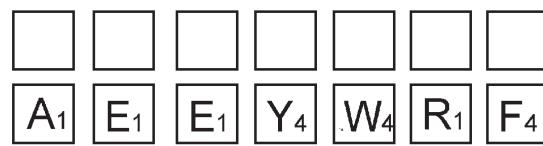
ARIES (March 21-April 19) You don't have to get everything done all in one session; indeed, working hard in shorter spells can be quite beneficial.

TAURUS (April 20-May 20) The first thing that happens to you is likely to set the tone—not just for the day but for the rest of the week perhaps, too.

GEMINI (May 21-June 20) You may find yourself coming up against someone who has had far more practice and garnered much more experience than you have.

Scrabble Grams

PAR SCORE 200-210, BEST SCORE 277



2nd Letter Double

Triple Word Score



Yesterday's Solution

A ₁	S ₁	C ₃	E ₁	T ₁	I ₁	C ₃	RACK 1 =	61
B ₃	A ₁	S ₁	H ₄	F ₄	U ₁	L ₁	RACK 2 =	95
U ₁	P ₃	G ₂	A ₁	Z ₁₀	E ₁		RACK 3 =	18
L ₁	U ₁	M ₃	B ₃	A ₁	G ₂	O ₁	RACK 4 =	65
							TOTAL	239
PAR SCORE 155-165								

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Comics

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POOCH CAFE | PAUL GILLIGAN

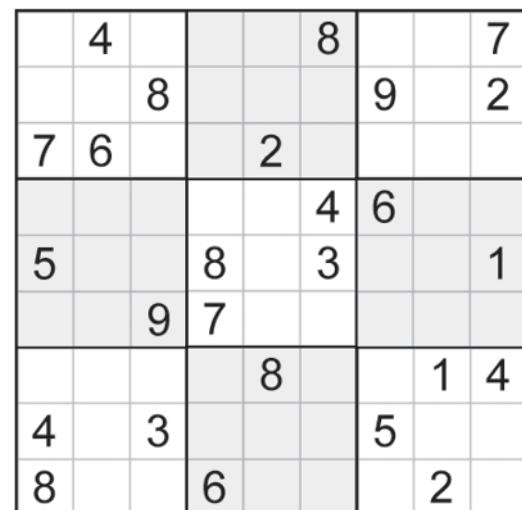


PEARLS BEFORE SWINE | STEPHAN PASTIS



Sudoku

MEDIUM



Yesterday's Solution

9	3	8	5	4	1	6	7	2
1	5	2	7	6	3	8	4	9
4	7	6	2	9	8	3	1	5
3	2	1	8	7	5	9	6	4
7	9	4	1	2	6	5	8	3
8	6	5	4	3	9	1	2	7
6	8	7	9	5	4	2	3	1
5	4	3	6	1	2	7	9	8
2	1	9	3	8	7	4	5	6

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Forecast



98 | 76

Today: Breezy and very hot today with a thunderstorm. A thunderstorm tonight.



90 | 69

Tomorrow: A thunderstorm in the area tomorrow. Clear and moonlit tomorrow night.



85 | 68 | 88 | 71 | 87 | 71

Looking Ahead



85 | 68 | 88 | 71 | 87 | 71



Sun and Moon	Almanac
Sunrise today: 5:53 a.m.	Normal high: 88
Sunset today: 8:35 p.m.	Record high: 99
Moonrise today: 6:29 p.m.	Normal low: 70
Moonset today: 3:09 a.m.	Record low: 54

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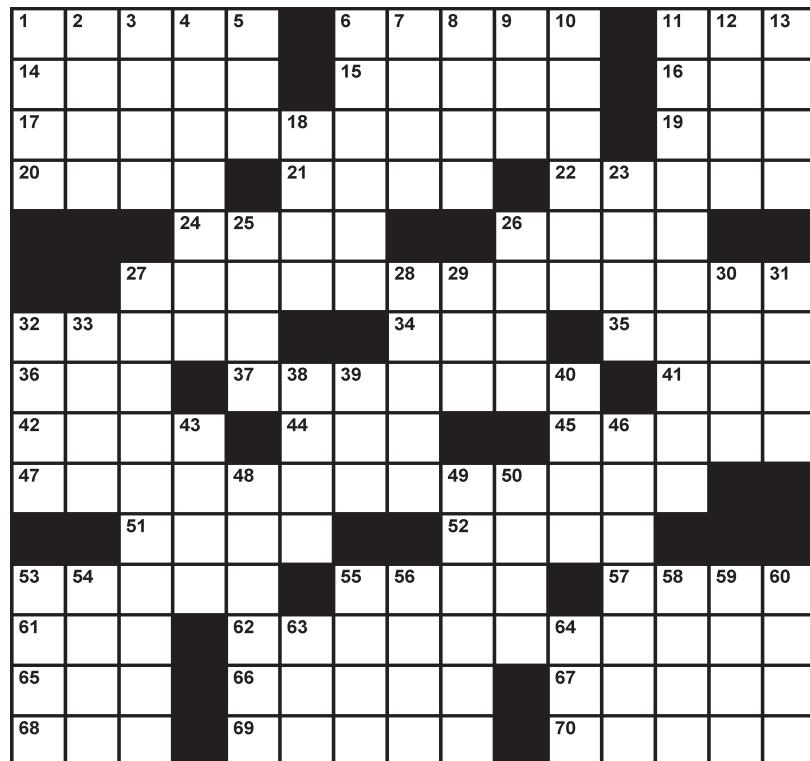
Crossword

ACROSS

1 Make a mess of
6 "___ mia!"
11 One piece of a two-piece
14 Hilo hello
15 Absolutely perfect
16 Henley propeller
17 Household storage place
19 33-Down accompaniment
20 Not just a thinker
21 Kudrow or Loeb
22 Sleeper's breathing
problem
24 Wind in the pits?
26 Frequent flier
27 Ribbed routes
32 Part of a driver's license
34 Chow down
35 Stalactite starter
36 U.S. mo. without a
holiday
37 Tow truck
41 Saver's choice, briefly
42 Like many runway
models
44 Farthest or highest,
briefly
45 Fencer's swords
47 Ballerina's wear
51 Came in for a landing
52 Model Macpherson
53 Must, informally
55 Bean used to make miso
57 Work on a wad of gum
61 "Psychic" Geller
62 Snake also known as a
water moccasin
65 Race or gun
66 Umiak passenger
67 Elephant type
68 Deplete (with "up")
69 Present moment
70 Yarn unit

DOWN

1 Like some eagles or tires
2 Mixed bag
3 Music quality



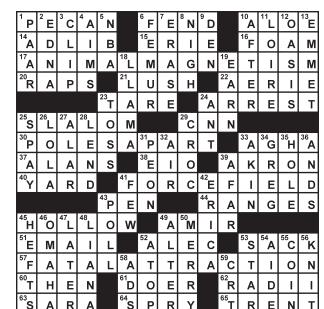
THE RIGHT STUFF

EDITED BY TIMOTHY E. PARKER

4 Square-ended cigar
5 "Star Wars" Solo
6 Social surroundings
7 Fusses
8 Flatland
9 West of old Hollywood
10 Brightest star in Aquila
11 Outer limits
12 Yard neatener's tool
13 Geometrical finding
18 Lump of earth
23 Urge
25 It may be knitted or
furrowed
26 Eight bits
27 Thoughtful
28 Prefix with "linear"
29 Tree with yellow
ribbons?
30 Catastrophic
31 Places for sweaters?
32 What a QB must be
able to do
33 Hawaiian dance
38 Oxidize
39 90-degree angle's
shape
40 Rod's partner
43 Jazz man Hinton or
Jackson
46 Parboil
48 B-complex vitamin
49 Mescaline source
50 Architect's start
53 Spiritual guide
54 Metal-yielding rocks
55 Phaser setting, in "Star
Trek"
56 Suffix with "narc"
58 Bigger than big

59 Small needle purse
60 Question of the day?
63 Lennon's wife
64 Abbr. not used by a single
person?

Yesterday's Solution



Today in History

1862 President Abraham Lincoln signs a bill authorizing the Medal of Honor.

1909 The House joins the Senate in passing the 16th Amendment to the Constitution, allowing for a federal income tax, and submits it to the states.

1960 The Etch A Sketch Magic Screen drawing toy is first produced by the Ohio Art Co.

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people lookout



SAVING MONEY

'Wow, Thank You for This Thing I Would Have Otherwise Bought Myself!'

Jessica Simpson turned 31 on Sunday and was rewarded with a Birkin bag from fiance Eric Johnson. "Eric made my birthday!" Simpson tweeted. "I have never been more surprised in my life! Jackie O who?" The iconic Hermes bag retails for about \$15,000. Simpson will be a judge on upcoming NBC reality show "Fashion Star." (EXPRESS)

SECOND CHOICES

'I Wanted Ann Taylor Loft, But I Guess I'll Take Armani'

Rihanna is the latest spokesmodel for Emporio Armani Underwear and Armani Jeans, the label announced Monday. The ad campaign will debut in September, according to UsMagazine.com. Megan Fox modeled for an Armani campaign in 2010; Victoria and David Beckham co-modeled for one in 2009. This is Rihanna's first fashion endorsement deal. (EXPRESS)



Opportunities to incorporate Armani underwear into everyday life are many.

Victims



Unnamed Source Is Clearly Dr. Drew

VH1 mainstay "Celebrity Rehab" is going on hiatus, Radaronline.com reported. "Dr. Drew Pinsky is just too busy to continue doing the show," an unnamed source told Radar. "Dr. Drew can be seen nightly on HLN's 'Dr. Drew Show,' and this fall, he has another television project he is going to be involved with, 'Life Changers.'" He would "absolutely love to revisit doing the show again ... when he has the time." (EXPRESS)



Posh looks lovingly at oldest son Brooklyn, whose name has only letters.

IDEAL WORLDS

If This Were a Movie, They'd Fall in Love. But It's Reality.

Mila Kunis has agreed to be Sgt. Scott Moore's date to the Marine Corps Ball on Nov. 18 in Greenville, N.C., Fox411 reported. Moore, of the 3rd Battalion 2nd Marines in Musa Qala, Afghanistan, posted a YouTube video this past week asking Kunis to accompany him. Friend and "Friends With Benefits" co-star Justin Timberlake persuaded her to accept the invite. (EXPRESS)

"I actually thought I was going to die at one point and left my body. I was looking down on myself — the pain was so intense."



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